



The Everyday Ayurveda Cookbook: A Seasonal Guide to Eating and Living Well

Kate O'Donnell

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Eat delicious seasonal food, balance the body, and heal the gut with simplified, traditional Ayurvedic wisdom and over 100 simple recipes designed to get you cooking in the kitchen.

Even the simplest Ayurveda practices complement Western medicine because of their focus on righting imbalance before it creates disease. Keeping digestion on track is the key to health in Ayurveda, and eating natural, homemade foods in accordance with personal constitution and changes in environment is often all that is needed to bring a body back into balance. *The Everyday Ayurveda Cookbook* inspires yogis and nonyogis alike to get into the kitchen and explore this time-honored system of seasonal eating for health and nourishment.

Ditching processed food and learning to eat well at home are the first steps you can take to relieving imbalance. *The Everyday Ayurveda Cookbook* removes many of the obstacles by showing you how straightforward and accessible preparing your own delicious, seasonal meals can be. Season by season, learn how the changing weather and qualities in your environment both mirror and influence your body and appetite. Lifestyle advice on meal planning, self-care regimens, and how to ensure health during the change of seasons is included throughout. And the no-fuss recipes will get you eager to cook.

To expand your cooking repertoire, you'll also learn foundational "everyday" recipes that can be adapted to any season and any dosha: once you understand the blueprint of a basic dish, you can recreate it in your kitchen year-round, using seasonal produce, grains, and flavors for health and nourishment.

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